

## CLAIMS

1. A healthy chair comprising:  
a seat plate which is inclined downward towards  
5 a front side, having a lower side;  
a plurality of feet, mounted on said lower side  
of said seat plate, supporting said seat plate; and  
a positioning device, having a fixed end fastened  
to said seat plate and a free end extending forward and upward  
10 from said seat plate at a fixed position.
2. A healthy chair according to claim 1, wherein said  
positioning device has a shape like the letter L.
3. A healthy chair according to claim 1, wherein said  
positioning device comprises a belt with a male buckle half  
15 and a belt with a female buckle half.
4. A healthy chair according to claim 1, wherein said  
positioning device comprises belts with bur-like latches.
5. A healthy chair according to claim 1, wherein said  
positioning device comprises a belt having a free end with  
20 a fastening element which allows to be fastened on said seat  
plate.
6. A healthy chair according to claim 1, wherein said  
plurality of feet comprise two relatively short feet attached  
to said seat plate on said front side thereof and two  
25 relatively long feet attached to said seat plate on a rear  
side thereof.
7. A healthy chair according to claim 6, wherein a  
support bar is inserted between said two relatively long  
feet.
- 30 8. A healthy chair according to claim 6, wherein a  
connecting bar is inserted between said two relatively long

feet, having two free ends which extend beyond said two relatively long feet, forming support bars.

9. A healthy chair according to claim 1, wherein said plurality of feet comprise two feet.

5 10. A healthy chair according to claim 9, wherein said two feet are each shaped like the letter X, with a connecting bar being inserted in between at lower rear ends thereof.

10 11. A healthy chair according to claim 9, wherein said two feet are each shaped like the letter X, with a connecting bar being inserted in between at lower rear ends thereof, having two free ends which extend beyond said two feet, forming support bars.

15 12. A healthy chair according to claim 1, wherein said positioning device is shaped like the letter T, comprising a vertical part mounted on said front side of said seat plate and a horizontal extension piece set on said vertical tube on an upper end thereof.